

## DATA AND ANALYSES

### Comparison 1. Arnica versus ibuprofen

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Pain VAS 0-100	1		Mean Difference (IV, Random, 95% CI)	Totals not selected
2 28 painful joint count change from baseline	1		Mean Difference (IV, Random, 95% CI)	Totals not selected
3 Intensity of morning stiffness (1 to 5) change from baseline	1		Mean Difference (IV, Random, 95% CI)	Totals not selected
4 Duration of morning stiffness (1 to 5) change from baseline	1		Mean Difference (IV, Random, 95% CI)	Totals not selected
5 Hand alfunction index (0 to 30)	1		Mean Difference (IV, Random, 95% CI)	Totals not selected
6 Cumulative dose of analgesics (acetaminophen mg) over 3 weeks	1		Mean Difference (IV, Fixed, 95% CI)	Totals not selected
7 Participants (n) reported adverse events	1		Risk Ratio (M-H, Random, 95% CI)	Totals not selected

### Comparison 2. Capsaicin 0.0125% versus placebo

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Pain VAS 0-100	1		Mean Difference (IV, Random, 95% CI)	Totals not selected
2 WOMAC 0-4 (Overall)	1		Mean Difference (IV, Random, 95% CI)	Totals not selected
3 Adverse event episodes (n) reported	1		Risk Ratio (M-H, Random, 95% CI)	Totals not selected

### Comparison 3. Comfrey versus placebo

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Pain VAS 0-100	1		Mean Difference (IV, Random, 95% CI)	Totals not selected
2 Pain VAS 0-100 change from baseline	1		Mean Difference (IV, Random, 95% CI)	Totals not selected
3 Pain VAS 0-100 (at rest) change from baseline	1		Mean Difference (IV, Random, 95% CI)	Totals not selected
4 Pain VAS 0-100 (movement) change from baseline	1		Mean Difference (IV, Random, 95% CI)	Totals not selected

5 WOMAC-VAS (Pain) change from baseline	1	Mean Difference (IV, Random, 95% CI)	Totals not selected
6 WOMAC-VAS (Stiffness) change from baseline	1	Mean Difference (IV, Random, 95% CI)	Totals not selected
7 WOMAC-VAS (Function) change from baseline	1	Mean Difference (IV, Random, 95% CI)	Totals not selected
8 WOMAC-VAS (Overall) change from baseline	1	Mean Difference (IV, Random, 95% CI)	Totals not selected
9 Change in SF-36 physical component summary score	1	Mean Difference (IV, Random, 95% CI)	Totals not selected
10 Change in SF-36 mental component summary score	1	Mean Difference (IV, Random, 95% CI)	Totals not selected
11 Participants (n) reported adverse events	1	Risk Difference (M-H, Random, 95% CI)	Totals not selected

#### Comparison 4. Marhame-Mafasel versus placebo

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 WOMAC-VAS (Pain) change from baseline	1	42	Mean Difference (IV, Fixed, 95% CI)	-5.62 [-17.84, 6.60]
2 WOMAC-VAS (Stiffness) change from baseline	1	42	Mean Difference (IV, Fixed, 95% CI)	-14.3 [-28.22, -0.38]
3 WOMAC-VAS (Function) change from baseline	1	42	Mean Difference (IV, Fixed, 95% CI)	-1.09 [-9.40, 7.22]
4 WOMAC-VAS (Overall) change from baseline	1	42	Mean Difference (IV, Fixed, 95% CI)	-6.01 [-15.67, 3.65]
5 Participants (n) reporting adverse events	1	42	Risk Ratio (M-H, Fixed, 95% CI)	5.0 [0.25, 98.27]

#### Comparison 5. Stinging nettle versus placebo

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 WOMAC 0-4 (Pain) at 1 week	1	42	Mean Difference (IV, Fixed, 95% CI)	2.0 [0.19, 3.81]
2 WOMAC 0-4 (Stiffness) at 4 weeks	1	39	Mean Difference (IV, Fixed, 95% CI)	0.90 [0.43, 1.37]
3 WOMAC 0-4 (Function) at 4 weeks	1	39	Mean Difference (IV, Fixed, 95% CI)	5.0 [0.90, 9.10]
4 Participants (n) reported adverse events	1	42	Risk Ratio (M-H, Fixed, 95% CI)	2.0 [0.20, 20.41]

**Comparison 6. FNZG versus placebo**

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Pain on walking VAS 0-100	1	90	Mean Difference (IV, Fixed, 95% CI)	-1.44 [-9.28, 6.40]
2 WOMAC 0-4 (Pain)	1	90	Mean Difference (IV, Fixed, 95% CI)	-1.14 [-3.07, 0.79]
3 WOMAC 0-4 (Stiffness)	1	90	Mean Difference (IV, Fixed, 95% CI)	-0.42 [-1.29, 0.45]
4 WOMAC 0-4 (Function)	1	90	Mean Difference (IV, Fixed, 95% CI)	-2.61 [-9.50, 4.28]
5 WOMAC 0-4 (Overall)	1	90	Mean Difference (IV, Fixed, 95% CI)	-4.22 [-13.70, 5.26]
6 Participants (n) reported adverse events.	1	90	Odds Ratio (M-H, Fixed, 95% CI)	6.05 [0.32, 113.05]

**Comparison 7. SJG versus placebo**

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Pain on walking VAS 0-100	1	90	Mean Difference (IV, Fixed, 95% CI)	1.08 [-6.24, 8.40]
2 WOMAC 0-4 (Pain)	1	90	Mean Difference (IV, Fixed, 95% CI)	-1.80 [-3.62, 0.02]
3 WOMAC 0-4 (Stiffness)	1	90	Mean Difference (IV, Fixed, 95% CI)	-0.37 [-1.19, 0.45]
4 WOMAC 0-4 (Function)	1	90	Mean Difference (IV, Fixed, 95% CI)	-2.97 [-9.60, 3.66]
5 WOMAC 0-4 (Overall)	1	90	Mean Difference (IV, Fixed, 95% CI)	-5.12 [-14.27, 4.03]
6 Participants (n) reported adverse events	1	90	Odds Ratio (M-H, Fixed, 95% CI)	4.86 [0.25, 93.27]

**Comparison 8. FNZG versus SJG**

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Pain on walking VAS 0-100	1	120	Mean Difference (IV, Fixed, 95% CI)	-2.52 [-8.24, 3.20]
2 WOMAC 0-4 (Pain)	1	120	Mean Difference (IV, Fixed, 95% CI)	0.66 [-0.73, 2.05]
3 WOMAC 0-4 (Stiffness)	1	120	Mean Difference (IV, Fixed, 95% CI)	-0.05 [-0.68, 0.58]
4 WOMAC 0-4 (Function)	1	120	Mean Difference (IV, Fixed, 95% CI)	0.36 [-4.49, 5.21]
5 WOMAC 0-4 (Overall)	1	120	Mean Difference (IV, Fixed, 95% CI)	0.89 [-5.74, 7.52]
6 Participants (n) reported adverse events	1	120	Odds Ratio (M-H, Fixed, 95% CI)	1.27 [0.32, 4.99]